

The Grinch Powerhouse Latte

THM-Friendly: Deep S

Bottom:

- 8 oz. chocolate peppermint coffee*
- 2 Tbsp. [Protein Powder](#) of choice (DF: [Creamy Dreamy](#))
- 1 Tbsp. butter
- 1 Tbsp. [coconut oil](#)
- 1 Tbsp. [cocoa powder](#)
- 3 droppers full SweetLeaf plain liquid stevia
- 1/2 tsp. [sunflower lecithin](#)



Mix the bottom ingredients in the blender. If having it iced, pour over ice (in a glass). For hot, pour into a mug. You will need the blender for the Grinch top mixture.

The Grinch Top:

- 12 oz. unsweetened nut milk
- 1-2 tsp. [matcha powder](#)
- 1 Tbsp. [protein powder](#) of choice (DF: [Creamy Dreamy](#))
- 1 Tbsp. [coconut oil](#)
- 4 droppers full SweetLeaf Peppermint liquid stevia**
- 1/2 tsp. [sunflower lecithin](#)



Add the top ingredients to the blender to zing up.

Carefully pour the Grinch top mixture on top of the bottom mixture. Top with whipped topping and red sprinkles if desired!

* If you do not have chocolate peppermint coffee, used your favorite brewed coffee and add 1 tsp. unsweetened cocoa and an extra 1/2 tsp. peppermint extract.

** If you do not have SweetLeaf Peppermint liquid stevia drops, use plain with 1 tsp. peppermint extract (instead of 1/2 tsp.).

enJOY!!

<https://www.joyfullifewithkj.com/16-days-of-christmas/the-grinch-latte>

